

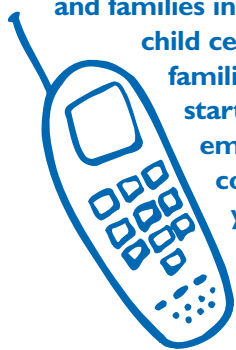
# Vermont Parenting Resources

**Raising a family is a challenge under the best of circumstances. When alcohol and other drugs are involved, those challenges can seem overwhelming.**

**Whether you are facing a crisis or interested in a community prevention project, there are resources available.**

**The following is a partial list of resources available to children and families in Vermont – parent child centers to help young families get a healthy start, crisis hotlines for emergency advice, consultants to help you connect with local prevention and support resources, and websites for parenting and substance abuse information.**

**Keep these resources in the front of your telephone book for easy reference.**



### **Prevent Child Abuse Vermont** 1-800-CHILDREN / 1 (800) 244-5373

[www.pcavt.org](http://www.pcavt.org)

Services and programs include: Parents Together; The Parent's Stress Line; The Nurturing Programs for Children and Adolescents and Shaken Baby Syndrome Prevention. They also run three sexual abuse prevention programs: Care for Kids; Understanding and Responding to Sexual Behavior of Children (URSBC) and The Sexual Abuse-Free Environment For Teens program (SAFE-T). The Vermont Parents' Home Companion & Resource Directory is an available resource, which can be mailed to families upon request.

### **Vermont/New Hampshire Hotlines**

#### **Headrest 24-hour Crisis Line**

1 (603) 448-4400 (main)  
1 (800) 639-6095 (hotline)  
24-hour resource and referral counseling for substance abuse, homelessness, suicide, relationship and other crisis situations. (Operates the Headrest 24-hour Teen Crisis, Information and Rap Line and Headrest Suicide Hotline, below).

#### **Headrest 24-hour Teen Crisis, Information and Rap Line**

1 (800) 639-6095  
Serves VT and NH; afternoons it is answered by teens, by Headrest workers the remainder of the time.

#### **Headrest 24-hour Hopeline (Depression/Suicide Hotline)**

1 (603) 448-4011  
24-hour crisis response for those feeling depressed or suicidal. Provides crisis counseling, support, and referral to local resources.

### **ADAP Regional Substance Abuse Prevention Consultants**

A team of ten Regional Substance Abuse Prevention Consultants work to strengthen the community and decrease substance abuse. They offer five services:

- Community Organization
- Program Planning and Consultation
- Presentations and Training
- Community Grants
- Information and Referral



Regional Substance Abuse Prevention Consultants work with community groups, service clubs, schools, human service agencies, hospitals, parent and youth groups, law enforcement and others. They build on the relationships and strengths that already exist in the community. Service requests are prioritized based both on statewide objectives and local need. Of highest priority are services that increase the local community's capacity to carry out effective substance abuse prevention initiatives.

**Addison Region**  
(802) 388-4678

**Bennington Region**  
(802) 442-3929

**Chittenden Region**  
(802) 863-7561

**Franklin/Grand Isle Region**  
(802) 524-7918

**Morrisville Region**  
(802) 888-2581

**Northeast Kingdom Region**  
(802) 748-5550

**Rutland Region**  
(802) 786-5876

**Washington Region**  
(802) 479-4250

**Windham Region**  
(802) 257-2885

**Windsor Region**  
(802) 295-8835

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## **Vermont Parent Child Centers**

The goals of Vermont's sixteen Parent Child Centers are to help families get off to a healthy start, promote well being, build on family strengths and prevent problems. They provide information and referral, early childhood services, parent education, parent support, on site services and playgroups.

**Addison County Parent Child Center**  
126 Monroe Street, PO Box 646  
Middlebury VT 05753  
(802) 388-3171 Fax: 388-1590

**Champlain Islands Parent Child Center**  
22 Lake Street  
Alburt VT 05440  
(802) 796-3013 Fax: 796-6042  
email:  
[champlainislandspcc@surfglobal.net](mailto:champlainislandspcc@surfglobal.net)

**Early Education Services / Windham County**  
130 Birge Street  
Brattleboro VT 05301  
(802) 254-3742 or 1 (800) 427-3730  
Fax: 254-3750

**Family Center of Northwestern VT**  
27 Lower Newton Street  
St. Albans VT 05478  
(802) 524-6574 Ext. 219 Fax: 524-1126

**The Family Center of Washington County**  
32 College Street Suite 100  
Montpelier VT 05602  
(802) 828-8765 Fax: 828-8796

**The Family Place**  
319 US Route 5 South  
Norwich VT 05055  
(802) 649-3268 or 1 (800) 639-0039  
Fax: 649-3270

**Lamoille Family Center**  
480 Cady's Falls Road  
Morrisville VT 05661  
(802) 888-5229 Fax: 888-5392  
email: [lfc@pshift.com](mailto:lfc@pshift.com)

**Lund Family Center**  
76 Glen Road, PO Box 4009  
Burlington VT 05406-4009  
(802) 864-7467 Fax: 864-1619

**Milton Family Community Center**  
23 Villemarie Lane PO Box 619  
Milton VT 05468-0619  
(802) 893-1457 or 893-6502  
Fax: 893-1776

**VNA/Maternal Child Health Services**  
1110 Prim Road  
Colchester VT 05446  
(802) 860-4420 Fax: 860-6149

**NEKCA/Parent Child Center South**  
506 Portland Street  
St Johnsbury VT 05819  
(802) 748-6040 Fax: 748-6042

**NEKCA/Parent Child Center North**  
32 Central Street  
Newport VT 05855  
(802) 334-4072 Fax: 334-5249

**Orange County Parent Child Center**  
35 Ayers Brook Road  
Randolph VT 05060  
(802) 728-6155 Fax: 728-6126

**Rutland County Parent Child Center**  
61 Pleasant Street  
Rutland VT 05701  
(802) 775-9711 Fax: 775-5473

**Springfield Area Parent Child Center**  
2 Main Street  
North Springfield VT 05150  
(802) 886-5242 Fax: 886-2007

**Sunrise Family Resource Center**  
238 Union Street, PO Box 1517  
Bennington VT 05201  
(802) 442-6934 Fax: 442-1663

## **Alcohol and Drug Abuse Crisis and Helplines / Internet Resources and Website Support Services**

**Adult Children of Alcoholics (ACOA)**  
1 (310) 534-1815  
[www.adultchildren.org](http://www.adultchildren.org)  
Support and information for adults whose parents or grandparents were alcoholics.



**Alcoholics Anonymous (AA)**  
1 (212) 870-3400  
[www.aa.org](http://www.aa.org)  
A National organization that provides information on alcoholism and recovery and referral to community services. AA meeting times and locations may also be found in many local newspapers and phone books.

**Al-Anon Family Groups / Alateen**  
1-888-425-2666  
[www.al-anon.org](http://www.al-anon.org)  
Provides a free information packet explaining Al-Anon / Alateen programs and refers callers to local meeting locations, times and days of the support groups nearest them. These are self-help groups for those living with alcoholics or affected by someone else's alcoholism.

**American Council on Alcoholism Helpline**  
1 (800) 527-5344  
Provides referrals to alcohol treatment programs nationwide and distributes written material on alcoholism.

**American Lung Association National Office**  
1 (800) LUNG-USA / 1 (800) 586-4872  
[www.lungusa.org](http://www.lungusa.org)  
Provides extensive materials, information and support for lung health to include tobacco prevention and cessation information. The Vermont Chapter sponsors the Not on Tobacco (N.O.T.) program to help teens stop smoking.

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**Child Help USA National Child Abuse Hotline**

1 (800) 422-4453

[www.childhelpusa.org](http://www.childhelpusa.org)

24-hour information and referral hotline pertaining to child abuse.

Provides crisis counseling for children and parents, as well as resources in the caller's geographic area.

**Cocaine Anonymous 12-Step Program**

1 (800) 347-8998

[www.ca.org](http://www.ca.org)

Provides support for those dependent on cocaine.

**Focus on Recovery National Drug and Alcohol Crisis line**

1 (800) 234-0420

[www.focushealthcare.com](http://www.focushealthcare.com)

24-hour crisis hotline offering help with alcohol, substance abuse, depression and other issues. Provides support and referral to local resources.

**Narcotics Anonymous**

1-818-773-9999

[www.na.org](http://www.na.org)

Provides support and information for recovering drug addicts through local chapters nationwide.

**National Council on Alcoholism and Drug Dependence Hopeline**

1 (800) NCA-CALL / 1 (800) 622-2255

Provides information to include literature on alcoholism, adult and teen substance abuse, as well as a referral service to treatment and counseling centers for teens and adults.

**National Clearinghouse for Alcohol and Drug Information Helpline**

1 (800) 662-HELP / 1 (800) 662-4357

1 (800) 729-6686

[www.drughelp.org](http://www.drughelp.org)

24-hour confidential hotline that offers information to both those seeking treatment as well as family members and friends concerned with substance abuse. Offers guidance and referrals to local public and private alcohol and drug abuse treatment centers. Upon request, provides free literature as well as phone information regarding drug and alcohol use.

**National Hopeline Network (Suicide Hotline)**

1 (800) SUICIDE / 1 (800) 784-2433

24-hour suicide crisis counseling and intervention, to include local referral and crisis response.

**National Youth Crisis Hotline**

1 (800) 448-4663

24-hour crisis intervention for adolescents.

**PRIDE Hotline**

1 (800) 668-9277

Resource for education and prevention programs for parents, youth and families.

**Additional Resources / Information**

**Mothers Against Drunk Driving (MADD)**

1 (800) GET-MADD / 1 (800) 438-6233

[www.madd.org](http://www.madd.org)

**Not on Tobacco (N.O.T.)**

1 (800) LUNG-USA / 1 (800) 586-4872

A teen stop smoking program from the American Lung Association. Information and support on setting up a local N.O.T. program is provided.

**Partnership for a Drug-Free America**

1-212-922-1560

[www.drugfreeamerica.org](http://www.drugfreeamerica.org)

Provides information, educational materials and extensive website support to parents and families, kids and teens regarding substance abuse, specific drugs and prevention tips.

**Search Institute**

1 (800) 888-7828

[www.search-institute.org](http://www.search-institute.org)

Organization whose mission is to advance the well being of children and adolescents. The Institute and its website offer information on the 40 Developmental Asserts, a framework grounded in research on child and adolescent development, risk prevention and resiliency.



**Vermont  
Department  
of Health**

**Division of Alcohol  
& Drug Abuse Programs**

108 Cherry Street PO Box 70  
Burlington, VT 05402-0070  
(802) 651-1550 Fax (802) 651-1573  
[www.state.vt.us/adap](http://www.state.vt.us/adap)